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OCATs

# Musculoskeletal Physiotherapy OCATs

Health Services at Wolves

## Ankle Mobility Exercises

# Guidance

- You have been provided with these exercises to help improve your Ankle Symptoms.
- These Exercises are intended to assist with mobility for your Ankle Stiffness through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist at OCATS.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist at OCATS.

# Ankle Alphabet

In a sitting position, leg slightly bent, with your foot resting on the floor, moving only your foot and ankle - “write” each letter of the alphabet from A to Z.

Try not move your knee or hip too much while doing the Exercise.

The letters should start out small and get larger as your ankle motion improves.

**Repeat for 1 minute**

**Repeat little and often throughout the day**



# Ankle Flexion & Extension Pumps

In a sitting position with your heel resting on the floor, Move your foot up and down as if pressing down or letting up on the accelerator pedal in a car. Start off with small movements and gradually increase as you ankle motion improves.

You can also hold at the end of each movement for 5 seconds to emphasise the stretch.

**Repeat for 1 minute**  
**Repeat little and often throughout the day**



Inversion



Eversion



## Active Ankle Inversion & Eversion

In a sitting position with your heel resting on the floor, Move your foot from side to side as if mimicking a windscreen wiper.

Try pointing your toes down and inwards for the inversion movement.

Then try pointing your toes up and outwards for the eversion movement.

Try not to move your knee too much while performing the exercise.

**Repeat for 1 minute  
Repeat little and often  
throughout the day**

# Passive Ankle Dorsiflexion with Towel or Belt

Sit with your leg extended and knee straight. Place a towel or belt around the ball of your foot.

Hold each end of the towel in your hands.

Pull back with the towel so that your foot stretches toward you.

You should feel the stretch in your calf and hamstring



**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**

# Passive Toe Extension

Sitting on a chair, place the foot to be exercised across your opposite knee.

Stretch your toes up towards your shin as far as comfortable.

**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**



# Passive Toe Extension Against a Step

Place your toes against the bottom of the wall/step resting your heel on the ground.

Gently lean into the wall putting pressure through your toes pushing them back towards your shin.

**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**



# Passive Toe Flexion

Sitting on a chair, place the foot to be exercised on your opposite knee.

Stretch the top of your toes by pulling them down towards the floor.



**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**

# Passive Ankle Plantar Flexion

Sitting on a chair, place the foot to be exercised on your opposite knee.

Stretch the front of your ankle by flexing your toes away from your shin as if you were pointing your toes.



**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**

# Standing Calf Stretch

Stand leaning into the wall. Place the leg you want to stretch completely straight behind you (keep your knee straight without it bending).

Make sure your toes are facing forward (not facing out to the side).

Bend your front knee slightly towards the wall.

Keep your back leg completely straight and try and push your heel into the floor.

**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**



# Standing Soleus Stretch

Stand leaning into the wall. Place the leg you want to stretch against the wall. Make sure your toes are facing forward (not facing out to the side).

Bend your front knee towards the wall keeping your heel down on the floor and hold this stretch.

If you can touch the wall with your knee without your heel coming off the ground then to increase the stretch gradually move your toes away from the wall and repeat.

Only take your foot as far away from the wall as comfortable without your heel coming off the ground.

**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**



# Knee to Wall Stretch on a step

Stand holding onto a banister or equivalent for support.

Place your foot on the bottom step of the stairs or on a foots tool.

Slowly shift your weight pushing your knee over your toes.

Whilst doing this it is important to keep your heel in contact with the step.

**Hold for 30-60seconds**  
**Repeat 4-5 times a day as able**





## Single leg calf stretch off the edge of a step/ Stairs

Stand on the Step / Stairs with both feet; holding onto a banister rail for support.

Bring one of your feet to the edge of the step so the majority of your heel is off the step, aim to just have your forefoot / toes on the step as a guide.

Let your heel drop down to the floor.

You should feel a stretch in your calf and Achilles.

**Hold for 20-60seconds**  
**Repeat 4-5 times a day as**  
**able**

# Final thoughts

- If you feel unwell or the exercises cause significant pain, please stop and rest. If this continues discuss it with your physiotherapist.
- If you have any questions or concerns about any of the information detailed in this leaflet please contact the department using the following details.